

REST
FOR THE WEARY

Recipe for Rest

November 8, 2015

Rest for the Weary • Matthew 11:28-29 • Message 1

VIDEO BUMPER • PRAY • NOT JUST ANOTHER CHURCH

Series Introduction

WE ARE RESTLESS PEOPLE • BUSY / STRAPPED / STRESSED / SATURATED
AREN'T WE IN THE IMAGE OF GOD? • RHYTHMS OF REST

Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

Mark 2:27 NIV

4 WK GOAL: EXAMINE THE ROOTS OF UNREST AND SEEK GOD FOR HEALING IN THOSE AREAS.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:28-29 NIV

Jesus wants to **GIVE ME REST!**

•• HE DOESN'T WANT RESTLESSNESS ••

Recipe for Rest

JESUS SAYS: "COME TO ME"

Jesus wants to give me rest in **HIS PRESENCE**.

UNREST CAUSE: SOCIAL PRESSURE • ILL: OUR HOUSE / ILL: APPLE WATCH & SMARTWATCHES
WHAT WILL IT MEAN TO COME TO JESUS? • TURNED HEART, TIME WITH HIM, WITH HIS PEOPLE

JESUS SAYS: "TAKE MY YOKE"

SYMBOL OF WORK • SYMBOL OF SLAVERY • LEV 26:13 • SYMBOL OF RELIGION (YOKE OF TORAH)

Jesus wants to give me rest **FOR HIS WORK**.

UNREST CAUSE: LEGENDARY AGGREGATE ⇒ I SHOULD DO ALL THAT! MAYBE JESUS SAYS NO
WHAT DOES JESUS WANT? • JOHN 15:5, 8 • MATTHEW 28:19-20 • BE DISCIPLES, MAKE DISCIPLES

JESUS SAYS: "LEARN FROM ME"

Jesus wants to give me rest **BY HIS TEACHING**.

UNREST CAUSE: OUR IGNORANCE (MATT'S NEW PICKUP)

MARKETING VOICES (MISSING OUT) • "YOUR LIFE IS PERFECT! DON'T CHANGE A THING!"
JESUS' TEACHING IS HIS EXAMPLE / GENTLE, HUMBLE, EASY, LIGHT

Take it Home

JESUS WANTS TO GIVE US REST IN HIS PRESENCE, BY HIS TEACHING, AND FOR HIS WORK.

- Am I now experiencing the rest promised by Jesus?
- Have I ever experienced the rest promised by Jesus?
- What's preventing me from living in his rest now?

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